



Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main meal</i>	<i>Beef Meatballs in Homemade Tomato Sauce & Pasta Spirals</i>	<i>Salmon Portion in Wholemeal Crumb</i>	<i>Roast Gammon</i>	<i>Pork Pie</i>	<i>Chicken Goujons</i>
<i>Vegetables & Salad</i>	<i>Seasonal vegetables and a selection of homemade salads Fresh bread</i>				
<i>Daily</i>	<i>An alternative choice is jacket potatoes, vegetable bake or pasta can be ordered in advance. (One day's notice please)</i>				
<i>SweetChoice</i>	<i>Apple Crumble & Custard</i>	<i>Jam & Coconut Sponge With Custard</i>	<i>Rice Pudding</i>	<i>Artic Roll</i>	<i>Rice Crispie Cake & Glass of Milk</i>
	<i>Fresh fruit and yoghurt is available every day Fresh water to drink</i>				

Monday Meat/Wheat/Eggs/Dairy
 Tuesday Fish/Wheat/Wheat Protein/Milk/Eggs
 Wednesday Meat/Milk
 Thursday Wheat Flour/Meat/Egg/Milk
 Friday: Gluten/Soya/Wheat



Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main meal</i>	<i>Chicken Korma, Nan Bread & Basmati Rice</i>	<i>Sausage</i>	<i>Roast Beef & Yorkshire Pudding</i>	<i>Cheese + Tomato Wrap & Pasta</i>	<i>Fish Fingers</i>
<i>Vegetables & Salad</i>	<i>Seasonal vegetables and a selection of homemade salads Fresh bread</i>				
<i>Daily</i>	<i>An alternative choice is jacket potatoes, vegetable bake or pasta can be ordered in advance. (One day's notice please)</i>				
<i>SweetChoice</i>	<i>Frozen Yoghurt</i>	<i>Fruit Jelly</i>	<i>Chocolate Fruit Cake</i>	<i>Iced Sponge & Custard</i>	<i>Choc Chip Cookie & Orange Juice</i>
	<i>Fresh fruit and yoghurt is available every day Fresh water to drink</i>				

Monday Milk
 Tuesday Meat/Jelly NOT suitable for Vegetarians
 Wednesday Meat/Milk/Eggs/Wheat
 Thursday Dairy/Wheat/Egg/Milk
 Friday: Fish/Wheat



Week 3 Menu

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main meal</i>	<i>Fish Portion</i>	<i>Lasagne + Garlic Bread</i>	<i>Roast Turkey, Stuffing</i>	<i>Tuna Melt & Pasta</i>	<i>Pizza</i>
<i>Vegetables & Salad</i>	<i>Seasonal vegetables and a selection of homemade salads Fresh bread</i>				
<i>Daily</i>	<i>An alternative choice is jacket potatoes, vegetable bake or pasta can be ordered in advance. (One day's notice please)</i>				
<i>SweetChoice</i>	<i>Ginger Sponge & Custard</i>	<i>Cheesecake</i>	<i>Chocolate Crunch</i>	<i>Iced Sponge & Custard</i>	<i>Shortbread Biscuit</i>
	<i>Fresh fruit and yoghurt is available every day Fresh water to drink</i>				

Monday Fish/Wheat/Eggs/Dairy
 Tuesday Meat/Dairy/Wheat
 Wednesday Meat/Wheat
 Thursday Fish/Wheat/Eggs/Dairy
 Friday: Wheat/Dairy



<i>What's for lunch this week?</i>	
<i>WEEK ENDING:-</i>	
<i>10/9</i>	<i>Week 1</i>
<i>17/9</i>	<i>Week 2</i>
<i>24/9</i>	<i>Week 3</i>
<i>1/10</i>	<i>Week 1</i>
<i>7/10</i>	<i>Week 2</i>
<i>14/10</i>	<i>Week 3</i>
<i>21/10</i>	<i>Week 1</i>
<i>28/1</i>	<i>Week 2</i>
<i>30/10</i>	<i>Half term</i>
<i>5/11</i>	<i>Week 1</i>
<i>12/11</i>	<i>Week 2</i>
<i>19/11</i>	<i>Week 3</i>
<i>26/11</i>	<i>Week 1</i>
<i>3/12</i>	<i>Week 2</i>
<i>10/12</i>	<i>Week 3</i>
<i>17/12</i>	<i>Week 1</i>
<i>24/12 & 31/12</i>	<i>Christmas Break</i>



7/1	Week 1
14/1	Week 2
21/1	Week 3
28/1	Week 1
4/2	Week 2
11/2	Week 3
18/2	Week 1
25/2	Half term
4/3	Week 2
11/3	Week 3
18/3	Week 1
25/3	Week 2
1/4	Week 3
8/4	Week 1
24/12 & 31/12	Easter Break
29/4	Week 1
6/5	Week 2
13/5	Week 3
20/5	Week 1

27/5	Week 2
3/6	Half term
10/6	Week 1
17/6	Week 2
24/6	Week 3
1/7	Week 1
8/7	Week 2
15/7	Week 3
22/7	Week 1
SUMMER HOLIDAYS	

Menu items subject to change
 We will start on **week 1** following a holiday
 All items are subject to availability

FUEL
FOR LIFE

